

**What is Claimed:**

1. An undergarment for a woman comprising:  
a front panel comprising a first free edge;  
a back panel;  
a left leg band attached to said front panel and said back panel;  
a right leg band attached to said front panel and said back panel;  
a crotch panel comprising a second free edge, a left casing, and a right casing, wherein said crotch panel is fixably attached to said back panel, wherein said left casing slidably engages with said left leg band, and wherein said right casing slidably engages with said right leg band;  
thereby providing a crotch panel which is slidable from front to back.
2. The undergarment of claim 1 wherein said second free edge is releasably secured to said first free edge with a fastener during regular wear of said undergarment.
3. The undergarment of claim 2 wherein said fastener comprises a hook and pile fastener.
4. The undergarment of claim 1 wherein said second free edge is releasably secured to said back panel with a fastener after said crotch panel is slid from front to back.
5. The undergarment of claim 1 wherein said front panel and said back panel are continuously knitted.
6. The undergarment of claim 5 wherein said crotch panel is continuously knitted with said back panel.
7. The undergarment of claim 1 wherein said right leg band and said left leg band comprise elastic.
8. The undergarment of claim 1 wherein said crotch panel comprises a stretchable material.
9. The undergarment of claim 1 further comprising a pocket.
10. The undergarment of claim 1 further comprising a waistband which is attached to said front panel and to said back panel.

11. The undergarment of claim 10 wherein said waistband is integral with said front panel and with said back panel.
12. The undergarment of claim 10 wherein said waistband is elastic.
13. A method of facilitating elimination of bodily waste by a woman comprising:  
wearing an undergarment comprising a front panel comprising a first free edge; a back panel; a left leg band attached to said front panel and said back panel; a right leg band attached to said front panel and said back panel; a crotch panel comprising a second free edge, a left casing, and a right casing, wherein said crotch panel is attached to said back panel, wherein said left casing slidably engages with said left leg band, and wherein said right casing slidably engages with said right leg band; wherein said second free edge is releasably secured to said first free edge with a first fastener;  
detaching said second free edge from said first free edge; and  
sliding said crotch panel towards the woman's backside.
14. The method of claim 13 further comprising securing said second free edge to said back panel with a second fastener.
15. The method of claim 13, wherein said undergarment further comprises a pocket, further comprising storing necessities in said pocket.
16. The method of claim 13, wherein obtaining access to said crotch panel through an overgarment opening occurs prior to detaching said second free edge from said first free edge,
17. A compatible overgarment and undergarment wherein  
said undergarment comprises:  
a front panel comprising a first free edge;  
a back panel;  
a left leg band attached to said front panel and said back panel;  
a right leg band attached to said front panel and said back panel;  
a crotch panel comprising a second free edge, a left casing, and a right casing,  
wherein said crotch panel is fixably attached to said back panel, wherein said left casing slidably

engages with said left leg band, and wherein said right casing slidably engages with said right leg band;

thereby providing a crotch panel which is slidable from front to back;

said overgarment comprises:

a trunk area which encloses said underpants;

a left leg area attached to said trunk;

a right leg area attached to said trunk; and

an overgarment opening which permits access to said crotch panel.

18. The combination of claim 17 wherein said overgarment opening comprises an overgarment fastener to secure said overgarment opening in a closed position.

19. The combination of claim 18 wherein said overgarment fastener comprises a zipper.

20. The combination of claim 19 wherein said undergarment is releasably attached to said overgarment.

21. The combination of claim 17 wherein said undergarment is fixably attached to said overgarment.

22. A bodysuit for a woman comprising:

a torso section wherein said torso section comprises

a left arm hole;

a right arm hole; and

a neck opening; and

an undergarment section attached to said torso section wherein said undergarment comprises:

a front panel comprising a first free edge;

a back panel;

a left leg band attached to said front panel and said back panel;

a right leg band attached to said front panel and said back panel;

a crotch panel comprising a second free edge, a left casing, and a right casing, wherein said crotch panel is fixably attached to said back panel, wherein said left casing slidably

engages with said left leg band, and wherein said right casing slidably engages with said right leg band;

thereby providing a crotch panel which is slidable from front to back.

23. The bodysuit of claim 22 wherein said torso further comprises an adornment selected from the group consisting of: a button, a pocket, a collar, a cuff, a zipper, a snap, and combinations thereof.